

# January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p><b>Inclement Weather May Force Cancellation of Practice</b>  <b>Check the Website For Up To the Minute Notices</b></p>					1 <b>NEW YEARS DAY</b> No ACWS Practice Scheduled	2
3	4 <b>NO PRACTICE</b> <b>CC SWIM MEET</b> Followed by Red Land Practice	5 <b>NO PRACTICE</b> <b>RLHS SWIM MEET</b>	6 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	7 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	8 ACWS Swim Team Practice 7:00 – 9:00 PM Bronze: 7:00-7:45 Gold & Silver: Swim: 7:45-9:00	9 <b>ACWS vs Mechanicsburg</b> At HOME 10:00 AM
10	11 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	12 <b>NO PRACTICE</b> <b>CCHS SWIM MEET</b>	13 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	14 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	15 ACWS Swim Team Practice 7:00 – 9:00 PM Bronze: 7:00-7:45 Gold & Silver: Swim: 7:45-9:00	16 <b>ACWS vs LPAC</b> At HOME 10:00 AM
17	18 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	19 <b>NO PRACTICE</b> <b>RLHS SWIM MEET</b>	20 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	21 <b>NO PRACTICE</b> <b>RLHS SWIM MEET</b>	22 ACWS Swim Team Practice 7:00 – 9:00 PM Bronze: 7:00-7:45 Gold & Silver: Swim: 7:45-9:00	23
24	25 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	26 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	27 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30 <b>ACWS Board Meeting</b>	28 ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30 <b>ACWS Parent Meeting</b>	29 ACWS Swim Team Practice 7:00 – 9:00 PM Bronze: 7:00-7:45 Gold & Silver: Swim: 7:45-9:00	30* <b>ACWS vs Collegiate</b> At HOME 10:00 AM

2010

# February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b> <b>NO PRACTICE</b>  <b>RLHS SWIM MEET followed by Cedar Cliff Practice</b>	<b>2</b> <b>NO PRACTICE</b>  <b>CCHS SWIM MEET</b>	<b>3</b> ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>4</b> ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>5</b> ACWS Swim Team Practice 6:00 – 9:00 PM Bronze: 6:00-7:00 Gold & Silver: Swim: 7:00-9:00	<b>6</b> <b>ACWS vs Palmyra At Palmyra</b>
7	<b>8</b> ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>9</b> ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>10</b> ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>11</b> ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>12</b> ACWS Swim Team Practice 6:00 – 9:00 PM Bronze: 6:00-7:00 Gold & Silver: Swim: 7:00-9:00	<b>13</b>  <b>ACWS Diving Meet 11:30 to 4:45 PM</b>
14	<b>15</b> ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>16</b> <b>CCHS v RED LAND SWIM MEET</b> ACWS Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>17</b> ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>18</b> ACWS Swim Team Practice 6:50 – 8:30 PM Bronze: 6:50-7:30 Gold & Silver: Swim: 7:30-8:30	<b>19</b> ACWS Swim Team Practice 6:00 – 9:00 PM Bronze: 6:00-7:00 Gold & Silver: Swim: 7:00-9:00	20
21	<b>22</b> ACWS Swim Team Practice 6:00 – 8:00 PM Bronze: 6:00-6:45 Gold & Silver: Swim: 6:45-8:00	<b>23</b> ACWS Swim Team Practice 6:00 – 8:00 PM Bronze: 6:00-6:45 Gold & Silver: Swim: 6:45-8:00	<b>24</b> ACWS Swim Team Practice 6:00 – 8:00 PM Bronze: 6:00-6:45 Gold & Silver: Swim: 6:45-8:00	<b>25</b> ACWS Swim Team Practice 6:00 – 8:00 PM Bronze: 6:00-6:45 Gold & Silver: Swim: 6:45-8:00	<b>26</b> ACWS Swim Team Practice 6:00 – 9:00 PM Bronze: 6:00-7:00 Gold & Silver: Swim: 7:00-9:00	<b>27</b> <b>CPAL Divisional Championships</b>
<b>28</b> <b>CPAL ALL STAR Championships</b>						

2010